



What Should You Know Before Going on Spring Break?

Spring break should be a time of fun and relaxation. Don't ruin your fun by not taking the proper health precautions.

See your doctor at least four to six weeks before your trip to allow time for shots to take effect. If it is less than four weeks before you leave, you should still see your doctor. It might not be too late to get your shots or medications, as well as other information about how to protect yourself from illness and injury while traveling.

Spring Break Tips for BEFORE You Leave

For **Palm Beach, Fort Lauderdale, Las Vegas and other United States hot spots** call the North Dakota Department of Health at 800.472.2180 for vaccine information, food safety information or other travel-related questions.

For foreign travel, including to Mexico, Central America and the Caribbean: Discuss your travel plans and personal health with a health-care provider to determine which vaccines/medications, if any, you will need.

- Hepatitis A vaccine or immune globulin to protect you against hepatitis A
- Hepatitis B vaccine to protect you against hepatitis B
- Malaria medication to protect you against malaria
- Rabies vaccine This may be needed only if you are planning extensive outdoor activities in areas where animals may be present
- Typhoid vaccine to protect you against Salmonella Typhi
- Yellow fever vaccine protect you against yellow fever
- Tetanus-diphtheria and measles boosters, as needed

For more information about the diseases above such as how they are spread, who is at risk, what are the international travel requirements, visit the Centers for Disease Control and Prevention website at www.cdc.gov/travel/destinat.htm.

Spring Break Food Safety Tips for While You Are There

Make sure your food and drinking water are safe. Foodborne and waterborne diseases are the primary cause of illness in travelers. Travelers' diarrhea can be caused by a variety of viruses, bacteria or parasites. These organisms can be found throughout Mexico, Central America and the Caribbean and can contaminate food or water. However, even in the United States, foodborne infections can cause diarrhea, vomiting, fever and/or liver disease. So, no matter where you go, you should always:

- Wash your hands often with soap and water. If your hands are not visibly soiled you can use a waterless, alcohol-based hand rub.
- **(In foreign countries)** Avoid drinking tap water or fountain drinks and using ice cubes. Drink only bottled or boiled water or carbonated (bubbly) drinks in cans or bottles while there.
- Avoid food purchased from street vendors or food that is not well cooked to reduce your risk of foodborne infection.
- Avoid all dairy products such as milk or cheese unless you know it has been pasteurized.

Spring Break Additional Safety Information

A few more tips to keep you safe and having fun on spring break include:

- ALWAYS take your malaria-prevention medication before, during and after travel, as directed by your health-care provider.
- Prevent fungal and parasitic infections by keeping feet clean and dry and not going barefoot, even on the beaches.
- Do not swim in fresh water to avoid exposure to certain water-borne diseases such as schistosomiasis especially in developing countries
- Do not handle unfamiliar animals – especially monkeys, dogs and cats – to avoid bites and serious diseases (including rabies and plague).
- Consider pre-exposure rabies vaccination if you might have extensive unprotected outdoor exposure in rural areas. Talk with your health-care provider.
- Protect yourself from mosquito bites by using insect repellent containing DEET. Many developing countries have diseases such as dengue fever, yellow fever and malaria, which are spread by mosquitoes.
- If you drink alcohol, do so only in moderation.
- Prevent motor vehicle injury by:
 - Avoiding drinking and driving
 - Wearing your safety belt
 - Following local customs and laws regarding pedestrian safety
 - Following the posted speed limits.
- Wear sunblock, sunglasses and a hat to protect yourself from harmful UV rays.
- Avoid getting tattoos or piercings from vendors while on spring break.
- Obtain appropriate documentation. Beginning **January 23, 2007**, ALL individuals, including U.S. citizens, traveling by **air** between the United States and Canada, Mexico, Central and South America, the Caribbean and Bermuda will be required to present a valid passport

Additional information is available at www.ndhealth.gov/disease and www.cdc.gov/travel/ or by calling the North Dakota Department of Health at 800.472.2180.